



METRO READERS SLOW DOWN ON FAST FOOD

See poll in **metroVIEWS**

Toronto

metro



A TEXAS-SIZED SHOWDOWN

Jays face Rangers in first round of playoffs

metroSPORTS



Your essential daily news | MONDAY, OCTOBER 5, 2015

High 16°C/Low 12°C Cloudy, chance of showers



HERE'S LOOKING AT YOU, T.O.

NUIT BLANCHE CELEBRATES 10 YEARS

metroNEWS



LANCE MCMILLAN/FOR METRO

City moving on crooked movers

BUSINESS

Hundreds of complaints made about GTA companies



Steven Goetz
For Metro | Toronto

Moving house isn't easy, but Toronto councillors want to take some of the pain away.

It's been four years since council first asked the province for the power to license moving companies in the city, but the file has been gathering dust ever since.

Meanwhile, Torontonians are at the whim of unscrupulous movers accused of overcharging, of threatening to dump furniture if clients refuse to pay extra fees and misleading customers into signing unfavourable contracts.

Now, council has quietly re-submitted the request to the

Ontario government's five-year review of the City of Toronto Act, and consumers and industry representatives tell Metro it is time the industry is reined in from its pattern of abuse.

The Better Business Bureau and Consumer Protection Ontario each received hundreds of complaints related to moving companies in the GTA last year, while police often tell complainants their bad experiences are a civil matter best addressed through small claims court.

Duncan — who asked his last name not be published for fear of retribution — and his father hired a company off Craigslist to help move his parents into an apartment building last year.

When the men showed up, they insisted Duncan's father pay them \$300 upfront.

"As soon as our backs were turned, they were gone," Duncan said.

When he called the company, he was shouted and cursed at; a pattern that re-

peated until Duncan stopped calling.

The police told him the matter was out of their control.

Duncan said he has heard from neighbours who have had the same experience with the company, all of whom received the same response from police.

Perry Thorne, vice-chairman of the Canadian Association of Movers, told Metro the industry "lends itself to illegal activity," with massive turnover and zero regulations.

Thorne said the most common complaint is the practice of tacking on extra fees not negotiated before the day of the move. "It becomes a never-ending cash grab for criminals," Thorne said.

There are up to 3,000 operators in the GTA at any one time, he said, "many here today and gone tomorrow."

"The city regulates hotdog vendors, ice cream trucks and taxis, but anyone can set themselves up tomorrow as a moving company," Thorne said.



VOTE EXHIBIT

'There's need for change'



Ahead of the Oct. 19 election, a group of Toronto artists is trying to show that the pen is mightier than the sword.

VOTE, a month-long exhibit of text-based art, is highlighting the importance of the democratic process. It's an attempt to inspire people to "just vote because our country's well-being depends on it," said Lisa Klapstock, the project's director and curator.

If the "my prime minister embarrasses me" bags and "Stop Harper" shirts displayed on the wall are any indication, the show has anti-Conservative bent.

"Canada's access to information and freedom of speech have been greatly eroded by the Harper government," Klapstock said.

"There's need for change." Klapstock drew inspiration for the exhibit from other grassroots activities happening around the country. From protest songs — like Harperman, which made rounds a few weeks ago — to community forums, she said Canadians are demonstrating the importance of civic engagement.

"If we're all complacent and just continue complaining about things, we'll never see the change we want to happen," she said.

Since opening Sept. 18, VOTE has drawn crowds of visitors to admire the art and learn what's at stake this election, Klapstock said.

"We are at a critical time in our history," she said. "People need to know that the only thing they can do to bring about that change is to vote."



One of the exhibits in Lisa Klapstock's VOTE exhibition. STEVEN GOETZ/METRO

Eglinton Line



Station names updated

TRANSIT

Metrolinx lays out principles for Eglinton Crosstown LRT



What's in a name?

A lot, actually — at least when it comes to Metrolinx's plan for naming the 25 stops along the forthcoming Eglinton Crosstown LRT.

The provincial transit agency has released an updated list of names for the various stations, along with a detailed policy — complete with a flow chart — outlining how names are chosen.

"What you call stations is very important. It's part of our identity and it helps people get where they need to go," said Metrolinx spokeswoman Anne Marie Aikins.

According to the principles laid out by Metrolinx, stations should be named after streets, neighbourhoods or well-known landmarks. And as provincial transit becomes more integrated with the TTC, Metrolinx is looking to avoid potentially confusing or duplicate station names.

As a result, the agency is con-



Transportation Minister Steven Del Duca and Mitzie Hunter, MPP for Scarborough-Guildwood, look at two large boring machines on Eglinton Avenue East, where they will soon begin boring toward Yonge Street. Top: Metrolinx's updated names for the 25 stops along the forthcoming Eglinton Crosstown LRT line. TORSTAR NEWS SERVICE; COURTESY METROLINX

sidering changing some of the proposed names along the Eglinton route. For example, Bathurst Station will become Forest Hill and Don Mills station will be renamed Science Centre.

Metrolinx is seeking public

feedback on the changes, and has created a website where residents can voice concerns or pitch alternate station names.

"There's already been a reference to Drake," Aikins said. "That made us chuckle."

Within four hours of launching the site, Metrolinx had received over 400 comments, Aikins said.

"The fact that we're naming stations makes people feel like it's really happening," she said.

"And that gets people excited. It's like it's really happening."

The Eglinton Crosstown line is slated to open in 2021. Residents have until this Friday to submit feedback about station names.

SHERBOURNE STREET

PATCH Project a chance to connect with community

It's not time for construction yet, but the empty space near Gerrard and Sherbourne streets may not continue to be vacant after all.

The site is expected to house a 13-storey rental apartments complex, but it's been sitting empty for a long time. The developer, Oben Flats, has applied for a city building permit but it could take probably another year before construction work start.

Meanwhile, a plan has been devised to turn the empty lot into something enjoyable for

We are trying to ... find a way to beautify the place.
Max Koerner

the nearby community. "We thought it would be important to have the residents themselves participate in this process," said Max Koerner, the developer's project coordinator.

In partnership with local artist Danny Brown and volunteers from the PATCH Project, the collaboration has already worked on painting a mural. The installation also fits into the city's bylaw requiring developers to create some public art at the construction holdings, said Koerner.

The colourful mural is pollinator-themed, said Koerner. The artists — Brown and community members — have painted it in trees, flowers and animals.

GILBERT NGABO/METRO



Residents participating in a mural-painting event at 307 Sherbourne St. CONTRIBUTED



Coun. Norm Kelly wants the city to build 3-D signs featuring Toronto's nicknames — including Drake's favourite moniker: "The Six." TORSTAR NEWS SERVICE

COUNCIL

Millennials inspire Kelly's 3-D T.O. signs



Jessica Smith Cross
Metro | Toronto

Since city councillor Norm Kelly has become the Internet's cool dad, he's learned millennials often call Toronto "The 6," "T-Dot," or just plan "T.O."

So, he's proposing we get new 3-D signs to match.

The Scarborough councillor is pitching the idea of building different versions of the 3-D "TORONTO" sign currently residing in Nathan Phillips Square. His motion will be debated at council this week.

"The millennial generation is a very creative generation," he said. "They've developed certain language patterns and to many people today it's hip or cool to refer to Toronto as 'The 6' — that's Drake's contri-

bution — 'T-Dot,' and a lot of Torontonians simply refer to Toronto as 'T.O.'"

Kelly said the sign at Nathan Phillips Square has been an "unexpected critical success."

Young people and tourists are always posing for photos with it, he said, so adding similar signs with Toronto's nicknames would boost Toronto's "cool" brand.

"The image of this city is beginning to change, it's becoming a cosmopolitan, hip, cool place to be," the 74-year-old councillor said.



They've developed certain language patterns.

Norm Kelly

IN BRIEF

Four white lion cubs born in Toronto Zoo

Days after it announced giant panda Er Shun is pregnant with twins, Toronto Zoo has officially welcomed four white lion

cubs who were born on the weekend. White lion Makali gave birth to two of the cubs late last Saturday and two more early Sunday, the zoo announced Friday.

TORSTAR NEWS SERVICE

Annex going nutty for 'tuxedo squirrel'

WILDLIFE

Rare condition scarcely affects the species



Chris Bateman
For Metro | Toronto

A dashing handsome and extremely rare black and white squirrel is causing a stir in the Annex.

Dubbed "tuxedo squirrel," the suave-looking rodent is completely black except for a crisp white nose, and ears. Its tail and paws are a mix of white and black.

Alana Johns, a professor of linguistics at the University of Toronto, recently snapped a picture of the unusual squirrel on her way to work and sent it to a friend.

"She sent back: 'So cute, what is it?' And I've had that reaction from other people," Johns said. "I had never seen anything like it."

Despite common variations in colour, nearly all squirrels in Toronto are actually Eastern grey squirrels, said David Sugarman, an animal expert at the Ontario Science Centre.

White fur, famously exhibited by a small number of squirrels in and around Trinity Bellwoods Park, is caused by a lack of pigment cells in the skin. The opposite effect, a jet black coat, is caused by high levels of skin pigment, Sugarman said.

Both presenting at the same time, a benign condition known as piebaldism, is especially rare in squirrels.

"The nice symmetry of its colouration is quite special," Sugarman said. "It's an uncommon type of uncommon thing."



Tuxedo squirrel has been spotted throughout The Annex, including this green space just south of Bloor Street. David Sugarman, an animal expert at the Ontario Science Centre, says the arrangement of the white markings on its fur are very uncommon. COURTESY ALANA JOHNS



Get Out Of DEBT

Without Bankruptcy Without Loans

SPEAK TO THE Licensed Debt Professionals™

FREE CALL 310-9200

(NO AREA CODE NEEDED)



DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy

www.DavidSklar.com

David Sklar, CPA, CA, CIRP, Trustee

Mourners remember mom's 'babies'

VAUGHAN

Visitation for children, grandfather

Family, friends and grieving community members gathered Sunday morning to remember three children and their grandfather, killed after an allegedly drunk driver struck their minivan at an intersec-

tion in Vaughan one week earlier.

Under dimmed lights at a Brampton funeral home, a visitation for the deceased family members brought home the tragic reality.

The bodies of Daniel Neville-Lake, 9, and his younger brother Harry, 5, and sister Milly, 2, lay in open caskets. Blankets reflecting the children's love of Star Wars, My Little Pony and Snow White draped the

oak as prayer candles burned. "All my babies are dead," said mother Jennifer Neville-Lake. "We're still trying to understand it."

She said Daniel's heartbeat persisted until nearly an hour and a half after the crash on the afternoon of Sept. 27. "He was such a fighter. They all were," she said.

Neville-Lake's mother Neriza Neville and grandmother Josephina Frias are still in hos-

pital. She said burial would likely take place after her mother is released. Frias, in her 90s, is suffering from numerous broken bones and a brain bleed, Neville-Lake said.

Marco Muzzo, 29, is facing 18 charges, including four counts of impaired driving causing death.

Muzzo's lawyer said Friday it's too early to say whether he'll plead guilty.

TORSTAR NEWS SERVICE



Mourners console each other at the visitation at the Brampton Funeral Home & Cemetery. BERNARD WEIL/TORSTAR NEWS SERVICE

Enter the station without ending the conversation.

Only WIND lets you enjoy Unlimited Data, Talk and Text in TTC stations.

windmobile.ca/subway

WIND
true mobile freedom™

ROADS

Boy, 2 others die in Highway 401 crash

A 12-year-old boy is among the three people killed after a massive 20-vehicle crash on the westbound Highway 401 at Brock Street, near Ajax, Friday night, that left 16 others injured.

"It's quite a scene down there. Scrap metal everywhere," Sgt. Kerry Schmidt, of the OPP's highway safety division, said in the hours immediately following the crash.

The chaos appears to have begun when a transport trailer failed to slow down as it approached a construction zone on the highway and "bulldozed" through several vehicles in front of it, according to Schmidt.

"Vehicles are ripped apart. Some are unrecognizable as vehicles," Schmidt said.

Five people were sent to hospital with critical injuries, while 11 more sustained less serious injuries. ORNGE air ambulance dispatched three helicopters to the scene while Toronto Paramedic Services sent three ambulances units and an ambulance bus to assist.

The man and woman killed were travelling in a separate vehicle from the boy, Schmidt said.

This is the second time in less than two weeks a fatal crash has happened on Highway 401.

TORSTAR NEWS SERVICE



Paramedics and firefighters work to in a futile attempt to free the occupants of a car trapped under a tractor trailer, Friday, on Highway 401 in Ajax. VICTOR BIRO/TORSTAR NEWS SERVICE

IN BRIEF

Sept. 23 victims identified
Provincial police have identified the two victims of a deadly eight-vehicle collision on Highway 401 in Ajax.

Allan Banks, 62, and Lewis Dennis Deszi, 56, were killed in the Sept. 23 crash.

The crash occurred just before Salem Road around 6:20 a.m. when two transport trucks and six smaller vehicles collided.

Banks, of Mississauga,

was trapped in one of the smaller vehicles. According to OPP, emergency responders were unable to free him from the vehicle and he died at the scene.

The second victim, from Oshawa, was critically injured in the crash and died in hospital.

The investigation is ongoing. Anyone with information is being asked to call the Whitby OPP detachment at 905-668-3388. TORSTAR NEWS SERVICE



From left: Councillors Ana Bailao, Joe Cressy, Justin Di Ciano and Paul Ainslie, and 123Ontario campaign co-ordinator, Dave Meslin. ALL TORSTAR NEWS SERVICE FILE

Ballot decision 'shocking'

MUNICIPAL ELECTIONS

City council changes tune on ranked voting system



Jessica Smith Cross
Metro | Toronto

Toronto City Council's decision to reverse course on ranked ballots has one councillor crying fowl.

"Unbelievably shocking, City Council flips and votes against ranked balloting. #Chickens," Ward 43 councillor Paul

Ainslie tweeted Friday.

Less than 24 hours earlier, council voted to ask the province not to allow municipalities to use ranked ballots in upcoming elections. Council had voted to do the opposite only two years ago.

Thursday's motion came from Ward 5 Coun. Justin Di Ciano. The Ward 5 councillor said ranked ballots add little to the democratic process and can be difficult to understand for voters who speak another language other than English.

Dave Meslin, co-ordinator of 123Ontario campaign for ranked ballots, was disappointed with the decision and echoed Ainslie's criticism.

"Any councillor who isn't pre-

pared to face a runoff is a chicken," he said, explaining a ranked ballot system gives a greater voice to those dissatisfied with their incumbents.

In the last election, several councillors were re-elected without a majority of votes — meaning most of the voters didn't want them re-elected, Meslin said.

Of 15 councillors who were

elected without a majority in 2014, only two supported ranked ballots on Thursday: Ward 18's Ana Bailao and Ward 20's Joe Cressy.

Meslin said Bailao and Cressy showed a "real commitment to democracy."

Bailao said she supports ranked ballots because some voters feel like their vote is wasted in the current system, and she supports finding ways to get more people engaged.

"This is bigger than me. I'm doing politics, not for me, but for something I believe," Bailao, who won her riding in a very close race, told Metro. "If this is going to make it harder for me, so be it."

+ HOW IT WORKS

In a ranked ballot, or "instant runoff" election, voters rank candidates in order of preference.

If a single candidate gets the majority of first place votes, they win. If no one gets a majority, there's a runoff: the candidate with the least number of votes is eliminated, and those voters' second choices are added to the tally.

The process is then repeated until one candidate wins a majority.

NUIT BLANCHE

You may now kiss your ride

Many marriages end with some version of "you may kiss the bride." But for one night, people in downtown Toronto were asked to kiss their ride instead.

These people got married to their bicycles as part of a Nuit Blanche event put on by a local women's art collective and bike crew. Though the group is usually focused on promoting cycling culture in the city, this event is more of a statement on marriage and marriage equality than about traffic in Toronto, said Kirsten White, one of the organizers.

Participants were married to their bikes, or unicycles or tricycles in front of officiators dressed up as characters ranging from Elvis to Dolly Parton and a mermaid. TORSTAR NEWS SERVICE



A Nuit Blanche wedding.
TORSTAR NEWS SERVICE

If you got this card, you're ready to vote!

Federal election day is October 19.

Did your voter information card arrive in the mail? It tells you that you're registered to vote, and explains when and where you can vote.

If you didn't receive one, or if it has the wrong name or address, **check, update or complete your registration at elections.ca.** Or call **1-800-463-6868** (TTY 1-800-361-8935).

Elections Canada has all the information you need to be ready to vote.



Ready to vote
October 19, 2015



Stories of shoes and immigration

CIVIL LIBERTIES ASSOCIATION

Event helps women integrate, learn English



Gilbert Ngabo
Metro | Toronto

Mojde Nikmanesh still remembers how she almost got in trouble with Iranian state police, all because of the shoes she was wearing.

It was right after the Green Movement in 2008. She was visiting a friend in Hamedan, and was wearing a pair of new black boots she'd bought for the occasion. It was also a cold season, and she especially liked the big fur trim at the top with the strap around it.

As she waited for the taxi, a police van showed up. She was ordered to sit in the car. A police woman — wearing a black veil covering all her face except eyes — started yelling at Nikmanesh and lecturing her.

"She said my boots were provocative and immodest," she said.

"You feel very humiliated. Even if I had intentionally wanted to show part of my body, it was my choice. Nobody should decide for me what to wear."

Luckily, she was not arrested. She later moved to Turkey with her husband, a human rights activist, and they eventually settled in Toronto in 2013.

Stories of shoes and immigrant women will take centre stage Tuesday at Toronto's Arts and Letters Club. Women who immigrated here from Syria and Iran will share tales of their long and difficult journeys and the shoes that helped



Mojde Nikmanesh, 27, is one of the Syrian and Iranian women who'll be sharing tales of footwear and immigration trips at the Tuesday event. GILBERT NGABO/METRO

them along the way.

Organized by The Shoe Project in partnership with the Canadian Civil Liberties Association, the event is an outcome of literary and speaking workshops helping new immigrant women to integrate. It's a place for these women to create friendship, learn or improve their English language skills, and share their stories.

Stories vary, said Katherine Govier, founder of the project. A woman from Nepal once talked about the shoes she wore at her wedding as a reminder of the separation from her biological family.

Some women talk about the shoes they wore when they crossed the border as refugees.

“

Nobody should decide for me what to wear.
Mojde Nikmanesh

Others talk about how they changed out of high heels and put on running shoes to march in the Syrian revolution.

As for Nikmanesh, she's just happy she can wear whatever type of shoes she wants now. But she hasn't forgotten those big boots.

"The story of those boots is the story of my identity," she said. "I can't separate myself from it."

Campaign welcomes refugees

metr The Syrian Crisis
The lifeline

This is what a hurricane of kindness looks and sounds like: five phones ringing in the small, windowless room that is Lifeline Syria's office.

Two of them are project manager Alexandra Kotyk's cellphones.

"You're awesome," Kotyk says into one cellphone before rushing over to answer the land line ringing in the corner.

Lifeline Syria is a campaign

to bring 1,000 Syrian refugees to Greater Toronto within two years. It was launched last summer by more than two dozen high-profile Torontonians in response to the flood of Syrians fleeing their country's civil war. If the Canadian government wasn't going to sponsor them, they said, private citizens would, just as they did in 1979 with 33,000 boat people from Indochina.

"We had 1,500 emails in 48 hours," says Kotyk. "I myself had 600 to 700. Our server couldn't handle the emails. It crashed

a couple of times."

And Kotyk hasn't taken a day off since Sept. 2. Besides answering phones, she's been briefing Syrian Canadians, meeting donors, fielding media calls, giving public presentations, and overseeing volunteers.

TORSTAR NEWS SERVICE



Alexandra Kotyk. TORSTAR NEWS SERVICE

NATURAL FAT BURNER

I LOST 38 POUNDS

using *Chili Burn*™

Ruth has gone from a size 12 to a size 6 and feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

"After having 5 children, I had a very hard time losing the extra pounds. I found myself constantly dressing to disguise my belly, staying away from tight clothes.

I read about Chili Burn in a magazine and decided to give it a try. After 6 months of taking Chili Burn, I lost 30 pounds and after 12 months I reached my ideal weight, losing 38 pounds in total. I am very happy with the results of this product and now recommend it to friends and family.

This product will suit anyone who would like to manage their weight with natural ingredients and be side effect free. I highly recommend it."

Ruth V, Ontario



Before



NATURE'S FAT BURNER!

In nature we find ingredients that, when eaten, impact the amount of calories your body will burn in a day! Specific compounds in chili and green tea have this effect. Chili Burn™ uses these, as well as chromium, a known mineral that helps fat metabolism, to help you achieve your weight loss goals.

At participating pharmacies, health food stores and online. For more information, please visit our website or call 1-877-696-6734.



ONLINE SHOP
newnordic.ca

SHOPPERS
DRUG MART

Loblaws

Superstore
big on fresh, low on price.

Extra Foods

Walmart

Zehrs
MARKETS

Rexall
Pharmaplanet

amazon.ca

metro

* © / TM Trademarks of Loblaw Inc. Used with permission. All rights reserved. Loblaw Inc., its parent company or any of its franchisees and/or affiliates are not a sponsor of, nor affiliated with New Nordic. New Nordic recommends a healthy and active lifestyle in order to obtain the best results. To make sure this product is right for you, always read the label and follow the instructions.



READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

'I've seen Canada be a very accepting society'



ROSEMARY WESTWOOD
in Toronto

Blawal Aleem, 21, knows the value of a vote.

In Pakistan, where his parents are from, Ahmadiyya Muslims such as Aleem are prevented from casting a ballot unless they declare themselves non-Muslims, and so most do not vote.

This federal election — his first — is "very interesting," he says, "but in terms of who I want to vote for, I'm clueless, because when it comes to Muslims, specifically, there's a lot of issues present."

Chief among them, the niqab debate. "I'm strictly against the niqab ban because I don't think it falls in line with Canadian values." And the fact that two federal courts have ruled against the ban shows he's right, he says.

He'd thought in previous years that the Conservatives, overall, had been "pretty good." "But ever since this niqab issue has shown up, I haven't been too sure which way to sway," he says.

To Aleem, nothing matters more than preserving an image of Canada he holds dear — where immigrants are

welcomed, instead of feared. Where everyone is treated as an equal, regardless of background or religion.

"I think being born in Canada, I've seen Canada be a very accepting society of others, and I want to ensure that, for me and future generations, it continues to be the same," he says.

Aleem was born in Toronto, raised in Vaughan, and will be voting in the tight race in King-Vaughan, where the Conservative candidate has come under fire for homophobic and misogynistic Facebook posts that he has said do not match his values. The riding's recent polls show the Liberals and Conservatives neck and neck, and the NDP slightly behind.

Soon to graduate with a business IT degree from Ryerson University, Aleem isn't swayed by some politicians' promises to cut tuition fees and student debt. "In the short term that would seem beneficial, but in the long term I'm not sure that would be too beneficial because in the end that's just coming out of our pockets," he says.

Adding to his confusion is the fact that all the leaders have done pretty well in the debates, he noted. He

likes that the Liberals reject the Conservatives' stance on the niqab ban, but notes he's against Liberal-supported bills C-51 and C-24.

"There's been a lot of talk of how Islamic values contradict Canadian values, but I don't really see that, because I believe that Islamic and Canadian values fall in line with each other," he says. "People may say, 'You're a Muslim. What's your stance on ISIS and what's your stance on violence?' and I straight out condemn it, because that's a minority that's ruining it for the majority."

"I do feel that in some way I have to clear up misconceptions," he adds, "because I've seen the recent rise in Islamophobia. People are going to look at us and say, 'These are from the same group of people,' and we're really not."

Aleem says he won't be swayed by religion or race. "Regardless of whether someone is white or black, even if they're Muslim, that doesn't mean they're necessarily representing me. If they have the right policies, I'm all for them."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto again tomorrow.



VOTER PROFILE

Name: Blawal Aleem **Age:** 21 **Riding:** King-Vaughan
His issues: Niqab ban/Canadian values

Students unimpressed by federal parties' messaging

CALGARY

Platforms target youth with hashtags, catch phrases



Jeremy Simes
For Metro | Calgary

Some University of Calgary students don't appreciate Canada's major political parties dumbing down their messages to win their votes.

Their reactions are a result of Conservative Party pamphlets that have been spotted on the university campus and which are circulating on social media.

The pamphlets read, "Let the lefties run your campus. Help the Conservatives run the country," and, "Dropping taxes for families. Dropping bombs on ISIS. Dropping crooks in jail."

But it isn't just the Conservatives using one-line zingers: The Liberals and the NDP are both using hashtags and catch phrases to attract the youth vote.

The Young New Democrats use



A sample of the Conservative Party's pamphlets that have recently been spotted at the University of Calgary. CONTRIBUTED

an image of a backpack on their website, with a question that reads, "What's Stephen Harper putting in your backpack?"

The Young Liberals aren't jabbing at the other parties. Rather, the group is using #Generation-Trudeau to only focus on the Liberal leader, asking youth to join the fight for "real change."

The Young Greens take aim at the Conservatives on their Take Action page, which calls young people to ensure it's "Harper's last term as Prime Minister."

Adam Kostiuk, a University of Calgary student, said he doesn't enjoy single-issue politics — students are multifaceted when it comes to political issues.

"To think (parties) can come here and appeal in a strong, simple ideology in a straightforward way is out of touch," he said.

"That's not a way to get university students' attention," added U of C student Bonnie Trafford. "We are all intelligent people here, and that (simple approach) doesn't really resonate."

U of C student Justin Lorincz said one-liners are a bit of a joke.

"It seems like (parties) aren't taking it seriously," he said.

"It also annoys me when they only point out the bad things of another party," he added. Referencing the Conservatives' pamphlets, Trafford said the only thing she got out of it was a good

chuckle.

"It's not going to get any of our attention, aside from a laugh,"

she said. "If people already agree (with the Conservatives), then they'll probably be happy with

(the pamphlet). But for others who are undecided, I don't think it does much."

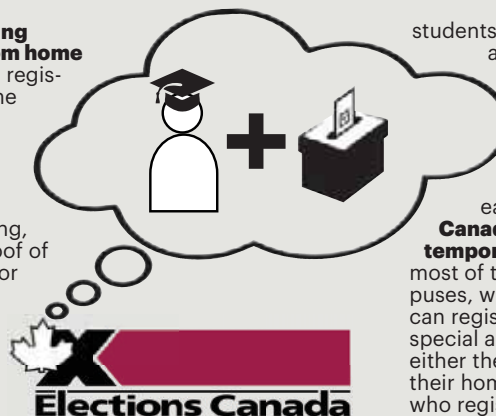
BY THE NUMBERS

Exercising the Franchise 101

Elections Canada, whose own research shows that a mere 38.8% of eligible voters between 18 and 24 cast ballots in the 2011 election, is hoping a new pilot project, which starts today on campuses across Canada, will boost that number.

Students attending schools away from home

can either remain registered in their home ridings and vote there — by mail or by travelling on election day — or register in their school's riding, by presenting proof of local residency. For many out-of-town students, the added difficulty involved with either of these options is enough to prevent them away from casting a ballot, and



students voted in 2011 at an even lower rate than the general 18-24 population.

Starting today, to make things easier, **Elections Canada is opening temporary offices** on most of the country's campuses, where students can register and cast a special advance ballot, in either the local riding or their home ridings. Those who register at the temporary offices still need two pieces of ID, one of which has an address.

explains in part why Elections Canada found that

NDP casts shadow on trade deal

ELECTION 2015

Mulcair insists his party won't be bound by 'secret' pact

With the possibility Canada could join a massive Pacific Rim trade deal within hours, Tom Mulcair tried to cast his NDP on Sunday as the only party ready to stand up to the Conservatives on a pact he insisted could hurt Canadian farmers and manufacturers.

"The NDP, when we form government on Oct. 19, will not be bound by this secret agreement that Mr. Harper has been negotiating," the NDP leader said at a campaign stop in Brantford, Ont.

Mulcair made the comments as his campaign rolled across southwestern Ontario with half-a-dozen planned stops, including the cities of London and Sarnia.

While in Waterloo, Mulcair warned a crowd of 300 of what the controversial, 12-country Trans-Pacific Partnership could do to the region's farmers.

His whistle-stop tour took place as negotiators in Atlanta



NDP Leader Tom Mulcair speaks to supporters in Sarnia, Ont. RYAN REMIOWZ/THE CANADIAN PRESS

tried to seal the deal on a long-awaited agreement.

In an effort to conclude the agreement, negotiators held a series of all-night sessions pushing the meeting three days

beyond its original schedule.

Mulcair has been trying to burnish his social-democratic credentials by insisting he won't be bound by a Conservative deal on the Trans-Pacific

Partnership, which would create the world's largest trade zone.

It remains to be seen whether Mulcair's blitz would jumpstart the NDP campaign, which

LIBERALS' STANCE

Trudeau says agreement will get a long look

A new Liberal government would take a long look at any trade deal signed by the Tories before deciding whether to uphold it, party leader Justin Trudeau said Sunday in Brampton after a boisterous and crowded rally with dozens of Ontario candidates.

Twelve countries, including Canada, appeared Sunday on the verge of creating the world's largest regional trade zone, which

would usher in a series of economic changes on four continents and prompt months of heated debate — starting with Canada's election.

"These are some of the largest economies in the world coming together to sign this deal," Trudeau said. "It's important that Canada be part of it."

Trudeau made the remarks after a massive, high-energy rally that featured 75 candidates.

THE CANADIAN PRESS

recent polls suggest has been stalling.

Mulcair has hammered away on the importance of upholding the country's supply management system for dairy and poultry farmers.

Foreign negotiators have said Canada's protectionist system would have to be opened up for a deal to be reached, though it remains unclear what concessions might be made by the federal government.

The Conservatives have insisted they would keep the

supply-management system intact amid political pressure from opponents, provincial governments and the dairy lobby.

But the federal government has left open the possibility it could allow for an additional, if limited, share of foreign goods into Canadian grocery stores.

A TPP deal, which the government has said would boost the Canadian economy as a whole, could also have a similar effect on the auto sector.

THE CANADIAN PRESS

EGYPT

Mohamed Fahmy wants Ottawa to do more for those held abroad

In the midst of a heated federal election campaign, a Canadian journalist who fought terror charges in Egypt for nearly two years will be returning to Canada with a clear message for all parties vying to form the next government — Ottawa needs to do more to help citizens detained abroad.

Mohamed Fahmy maintains he doesn't want to get too political, but he does want to trigger a national conversation on the issue when he arrives in Toronto in the coming days.

"I will start a constructive debate about the Canadian government's handling of the case and how foreign policy in dealing with such emergencies could be improved to protect Canadians who could be in a similar situation like mine, or worse," he said in an interview.

"Our trial should be a case study that could benefit so many."

Fahmy's points are likely to be heard by at least a few figures of note. The 41-year-old plans to accept invitations he's received to meet separately with NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau following his return to Canada. "I'm not endorsing or pledging allegiance to anyone," he said.

"But these two parties and these two leaders — I really want to meet them in person and thank them, because they stood beside me very much so when I needed the support."

The NDP said Sunday that it already had plans, if elected, to bring in legislation aimed at protecting Canadians abroad.

"An NDP government will enact legislation to ensure consistent and non-discriminatory provision of consular services to all Canadians abroad," a party spokesman said.

THE CANADIAN PRESS



Canadian Al Jazeera English journalist Mohamed Fahmy greets cameramen after being released from Torah prison in Cairo, Egypt, Sept 23. AMR NABIL/THE ASSOCIATED PRESS

SENATE

PM's inbox flooded with angry emails

Angry Canadians called for Sen. Don Meredith to be removed from the Senate after allegations emerged that he had an improper relationship with a teenager.

The demands for Meredith — who is facing the prospect of a police investigation into the allegations — to lose his Senate seat landed in the Prime Minister's Office inbox, according to emails obtained by The Canadian Press.

Some Canadians had seemingly been pushed too far by yet another senator caught in a scandal and, more specifically, another one appointed by Stephen Harper.

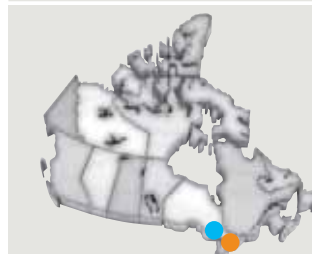
"Man o man...couldn't you have put some half decent people on the Senate payroll?" one email read.

Another message was just as blunt: "Holy Hannah, has there been anyone nominated by Harper to the Senate that hasn't brought shame to Canada?? How is it indeed possible to have so many senators nominated by one prime minister go in the ditch?"

Meredith could face a police probe into allegations following a Toronto Star report that alleged he had a sexual relationship with a 16-year-old girl, who is now 18.

THE CANADIAN PRESS

WHERE THE LEADERS ARE MONDAY



• **Stephen Harper** will be in Richmond Hill, Ont.

• **Justin Trudeau's** itinerary was unavailable.

• **Tom Mulcair** will be in Toronto.

• **Elizabeth May's** itinerary was unavailable.

IN BRIEF

Debris, oil sheen found during ship search

Rescuers spotted floating debris and an oil sheen Sunday as U.S. crews continued an intensive search off the southeastern Bahamas for a U.S. cargo ship with 33 people on board.

The ship, the 790-foot El Faro, has been missing since it lost power and was taking on water in fierce seas churned up by Hurricane Joaquin.

The U.S. Coast Guard has not yet been able to confirm whether the debris and oil is from the El Faro.

THE ASSOCIATED PRESS

Joaquin weakening

Bermuda was lashed Sunday by gusting winds and pelting rains from Hurricane Joaquin as its spinning centre tracked just southwest of the wealthy tourist destination.

After roaring across the Bahamas as a major Category 4 hurricane, Joaquin weakened as it headed north. By early Sunday afternoon, forecasters said sustained winds had dropped to 165 km/h, making it a Category 2 storm.

THE ASSOCIATED PRESS

Airstrike kills 22

AFGHANISTAN

MSF leaves Kunduz after hospital hit in northern city

International medical charity Doctors Without Borders said on Sunday it had withdrawn from the northern city of Kunduz after a deadly airstrike destroyed its hospital and killed 22 people.

The city briefly fell to the Taliban last week before the government launched a counter-offensive, and the humanitarian situation within it has been growing increasingly dire, with shops shuttered because of ongoing fighting and roads littered with mines planted by insurgents.

"All critical patients have been referred to other health facilities and no MSF staff are working in our hospital," said Kate Stegeman, the communications manager for Doctors Without Borders, using the French acronym for the organization.

"Some of our medical staff have gone to work in two hospitals where some of the wounded



An explosion burned out this Doctors Without Borders medical facility Saturday.

THE ASSOCIATED PRESS

have been taken," she added.

Investigations continue, MSF announced Sunday three injured patients died, bringing the total to 10 in addition to 12 staffers.

The charity said in a statement Saturday "all indications" placed responsibility on the international military coalition, and Army

Col. Brian Tribus, a spokesman for American forces in Afghanistan, said a U.S. airstrike "in the Kunduz vicinity" around 2:15 a.m. Saturday morning "may have resulted in collateral damage to a nearby medical facility."

Afghan officials said helicopter gunships returned fire from

Taliban fighters who were hiding there, but Stegeman said there were none in the facility.

President Ashraf Ghani said a joint investigation was underway with U.S. Forces. President Barack Obama said he expected a full accounting of what happened.

THE ASSOCIATED PRESS

LIBYA

95 bodies washed ashore

The bodies of at least 95 migrants have washed ashore in Libya over the past five days, a spokesman for Libya's Red Crescent said Sunday.

Mohamed al-Masrati said Red Crescent scouts found 85 of the corpses near Libya's capital Tripoli and 10 near Sabartha, a Libyan coastal city that is a main launching point for smugglers' boats headed to Europe. He says most of the deceased are migrants from other African countries.

Thousands seeking a better life in Europe cast off from Libya, hoping to reach Italy. The International Organization for Migration says more than 2,600 have died in 2015 on the Central Mediterranean route.

Smugglers exploit Libya's internal turmoil to ship thousands of move thousands of migrants.

"Up to today there are more than 550,000 internally displaced people in Libya due to the current conflict in Benghazi and other places, and we believe this number will increase to at least 600,000," said al-Masrati.

THE ASSOCIATED PRESS

INSTALLED CUSTOM WINDOW COVERINGS

WITH POWERVIEW™ MOTORIZATION

New from Hunter Douglas, it lets you customize your perfect combination of light and privacy.




save \$50

ON DUETTE® HONEYCOMB SHADES WITH POWERVIEW™

save \$80

ON PIROUETTE® & SILHOUETTE WINDOW SHADINGS WITH POWERVIEW™

Offers ends October 31, 2015

TAKE UP TO

36 months TO PAY

- ✓ EQUAL MONTHLY PAYMENTS
- ✓ NO INTEREST
- ✓ NO ADMINISTRATION FEE† on all Financing Plans

When you use your Sears Financial™ Credit Card. \$99 minimum purchase required, before taxes.

BOOK YOUR FREE IN-HOME APPOINTMENT. IT'S EASY!
1-866-506-7779 | SEARSCUSTOMWINDOWCOVERINGS.CA

†Excludes Gift Cards and Outlet/Liquidation Store purchases. Offer valid until November 15, 2015. "EQUAL PAYMENTS, NO INTEREST" offer: Pay in 6, 12, 24 or 36 equal monthly installments only on approved credit with your Sears® MasterCard®, Sears® Voyage™ MasterCard® or Sears Card. Equal monthly installments determined by dividing financed amount by Financed Term selected. Sears Voyage MasterCard has an annual fee of \$39. Your financed purchase will include taxes and delivery charges. To avoid interest charges on a monthly installment of the financed amount, pay the New Balance every month by the Payment Due Date. The New Balance is shown on your statement and includes the monthly installment amount (not the entire financed amount) and any other balances, interest and fees that are owing on your account. The financing offer will be cancelled if you do not pay the Base Payment (shown on your statement) in full for any 4 months, at which time the unpaid balance of the financed amount will be subject to interest charges at the Annual Interest Rate for purchases (new accounts - 19.99% for Sears MasterCard and Sears Voyage MasterCard or 29.9% for Sears Card). If you are an existing cardmember, refer to your statement for your Annual Interest Rate. See Cardmember Agreement for details. Administration fees: 6 months - \$0.00 on the Sears Financial Credit Card, 12 months - \$0.00 on the Sears Financial Credit Card; 24 months - \$0.00 on the Sears Financial Credit Card; 36 months - \$0.00 on the Sears Financial Credit Card. \$99 minimum purchase required, before taxes. No interest charged on your financed purchase during term.

NE101H115

Sears 
Custom Window Coverings

RBC eyes voice ID service

BIOMETRICS

Banks striving for innovation to stem tech-savvy startups

Phone passwords and security questions could soon become obsolete as financial institutions race to implement technology that can verify a client's identity based on the characteristics of their voice.

After a successful pilot project last summer, Royal Bank is rolling out "voice biometrics" technology that can identify clients who phone the bank's call centres, in a matter of seconds.

Customers will have to opt in to the service, which is being phased in over a three-month period and has been created by tech firm Nuance Communications.

RBC says it is the first Canadian company to implement technology that can create and identify a client's "voiceprint," which consists of more than 100 different characteristics such as the client's pitch and



Royal Bank is phasing in its new system over three months. Proponents of the technology say it will improve security. THE CANADIAN PRESS FILE

accent, in the course of a regular conversation.

Manulife implemented similar technology for its banking clients and its retail advisers back in September, although users have to say a predetermined phrase — "At Manulife,



You can't steal a voice.

Joanna Lohrenz

my voice is my password" — in order for their voices to be verified.

In addition to speeding up the customer service process — agents can immediately begin addressing a client's needs rather than peppering

them with a series of security questions. Proponents of the technology say it will also boost security.

"It's easy to pick up a piece of mail and look at someone's confidential information, but you can't steal a voice," said Joanna Lohrenz, vice president of contact centres and customer experience at Manulife.

Financial institutions have been striving to innovate in response to changing customer expectations and pressure from more agile, tech-savvy startups that threaten to snatch some of their market share.

Earlier this year CIBC opened an innovation lab in Toronto to experiment with a variety of new technologies, including voice authentication similar to Apple's Siri, that would allow customers to use their voices not only to access their accounts but also to perform a variety of tasks such as pay bills, transfer money and even seek advice about budgeting.

CIBC is currently conducting research to determine how much appetite clients have for voice-authenticated banking.

THE CANADIAN PRESS

IN BRIEF

Google is now 'Alphabet'

Google Inc. on Friday completed the move to reorganize as Alphabet, and its stock will begin trading as Alphabet on the Nasdaq under the same tickers "GOOG" and "GOOGL" on Monday. Google said in August it would create a new company that would oversee both its lucrative Internet business and its growing flock of other ventures like building self-driving cars and researching ways to prolong human life.

THE ASSOCIATED PRESS

Facebook jazzes profiles

Facebook is testing new profile videos that can be created from photos and would replace a still profile photo. The seven-second, looping videos play automatically when you look at a profile page. For now, only some iPhone users in California and the U.K. can make them. Any Facebook user can see them. Facebook Inc. doesn't have a specific date for when it will expand the feature.

THE ASSOCIATED PRESS

2.6%* It's a good day to start saving.

Enrol by October 31 and earn 2.6%* interest until December 31, 2015 on new deposits combined across any of these accounts:

- No fee bank account
- Interest Plus™ savings account
- Interest Plus™ RRSP
- Tax-Free Interest Plus™ savings account

Call 1 866 674 5611 or visit an in-store pavilion to enrol for this offer today.
pcfinancial.ca/rate



FINANCIAL.

That's just good banking.

*Rate subject to change, conditions apply. Visit pcfinancial.ca/rate for terms and conditions.

©/TM PC, President's Choice, PC Financial, President's Choice Financial, and Interest Plus are trademarks of Loblaw's Inc. Trademarks used under licence. CIBC is a licensee of the marks. President's Choice Financial personal banking services are provided by the direct banking division of CIBC.

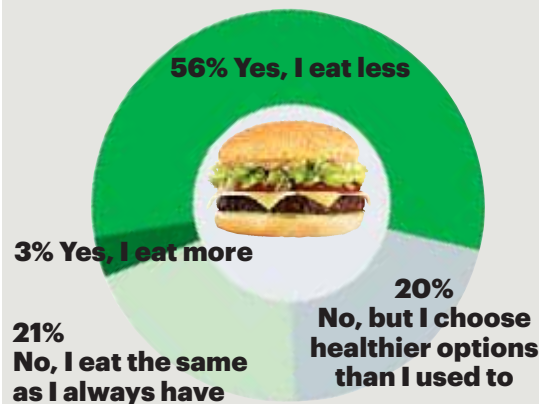
Metro MONDAY POLL

Would table service and automated ordering make you eat more fast food?

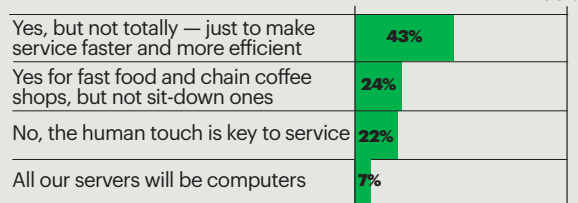
Visit metronews.ca every Friday to have your say.

Last week, McDonald's Canada blew up the way it does business, adding touch-screen kiosks and table service, along with dozens of new burgers, cheese, bun and topping combinations to keep up with the trend of customization over comfort food. Traditional greasy fast fare has declined in recent years as people choose to drive by the drive-thru in favour of options like Chipotle. Metro asked readers, have these changes affected what you choose to chow down on?

1 Have you changed how much fast food you eat?



2 Will automation will take over the business?



3 What changes might make you eat more fast food?

37% More fresh, healthy choices
 19% Lower prices
 17% More breakfast options all day
 6% Nothing. Fast food is gross and I avoid it
 5% More attention to food allergies, sensitivities and preferences (i.e. more nut-free, dairy-free, gluten-free or vegetarian options)
 5% More restaurants near where I live / work
 5% Make it automatic so I don't have to talk to anyone
 4% Nothing, I already eat enough/too much fast food
 2% Other

Locally sourced ingredients

Ethical choices

Reduce salt content dramatically

METRO READERS

metroview

I raise my double double to you, fellow Brantfordians

Liz Brown
 Metro | Toronto



Last week, I stumbled across a news story that has provided much insight into the origins of my Canadian patriotism.

Statistics Canada reports that my hometown, Brantford, Ont., is the city most proud of its Canadian identity, with 98 per cent of residents saying they take pride in just, well, being able to call themselves Canucks.

I'm convinced it's because this community cultivates pride in Canadian clichés in a way that puts Bob and Doug McKenzie to shame. Growing up there, you're constantly reminded that Brantford bred the world's greatest hockey player. And if you never move away, you think it's in perfect taste to hang Canadian flags as curtains on your bedroom window. A Sunday well spent is a game of street hockey, played to the sounds of The Tragically Hip (we once had a music festival called Hockey-fest), followed by domestic Canadian brews consumed in a garage.

As a kid, I knew that Wayne Gretzky's mom and dad — Walter and Phyllis — lived behind the Brantford Mall on Varadi Avenue and if you knocked on the door and asked nicely, Walter would take you for a tour of the basement that showcased memorabilia from his son's career. Walter had autographed sticks and pucks he'd gift to kids, like a sort of hockey Halloween.

As quickly as you can say Timbit, you're told that

Brantford, per capita, has the most Tim Hortons of any city in Canada. So strong was this urban legend, that a Brantford Expositor reporter went on assignment to uncover the truth back in 2007. Much to the city's disappointment, her research revealed Moncton, N.B., held that crown. But, she confirmed that Brantford does have the most Tim Hortons per capita in Ontario, and once boasted the busiest store, which, during peak hours, had to call the police to control the drive-thru chaos.

We love this Canadian institution so much, we're also home to the factory that bakes the doughnuts. The central bakery that ships frozen Tim's goods across Canada is on the east side of the city and coats the area in that familiar sugary, fried doughnut scent. If you ever happen to visit Brantford, start sniffing as you approach on the 403, right near Wayne Gretzky Parkway.

I live in Toronto now, and I'm often mocked for my "strong Canadian accent" and love for pedestrian activities like drinking beer in a garage. I'm aware that reducing Canadian culture to hockey, doughnuts and beers in a garage is incredibly simplistic and doesn't come close to capturing the character of this country. But there's a charming innocence in loving your country so much you take pride in these tropes.

So I raise my double double to you, fellow Brantfordians. Congratulations for putting our city on the map once again.

Irrelevant issues overshadow real needs

TORY'S TORONTO

Matt Elliott



There are just two weeks left before Canadians go to the polls, so here's a quick update on the election feelings I'm feeling: tired, frustrated, disappointed.

I had high hopes this would be an election about the kind of issues that matter to those of us who live in Canadian cities. But it hasn't really happened.

Lately, the talk of the election has been a debate over the question of whether women should be permitted to wear the niqab at citizenship ceremonies. But this, we now know, is an issue that has affected only two people since 2011.

That's right: two people. As in one person and then another person, and then

literally no one else.

The mind boggles, especially when you consider the number of people affected by issues that aren't getting this kind of attention.

Take affordable housing, an issue where the number affected is many, many times larger than, um, two.

In Toronto alone, 93,957 households are on a waiting list for affordable housing. Of those, about 34 per cent are households with seniors, and 40 per cent include children under the age of 17.

Things aren't much better for those who have found housing.

There are 45,857 affordable housing spaces that are at risk of falling into poor condition by 2023, while another 7,582 could fall into states of disrepair so awful that they'll be forced to close.

The reason? That comes down to an even bigger

number: \$1.73 billion.

That's how much cash Toronto Community Housing needs from the federal and provincial governments to start to turn the situation around.

But despite the fact that the availability of housing is directly connected to a host of other issues like health care, this issue hasn't received its due airtime.

It should. All three leading parties have released policies on housing. They're worth debating.

The Liberals have promised to prioritize spending on affordable housing as part of a 10-year, \$20 billion investment in "social infrastructure."

The NDP, in the Toronto-specific platform they released last Friday, promised \$2.2 billion to "renew and expand affordable housing units" over their first term.

And the Conservatives?

Well, in an announcement promising to increase the home ownership rate, they note they've committed \$1.9 billion for affordable housing between 2011 and 2019, though \$1 billion of that has already been spent.

So we have three approaches to an issue badly in need of dedicated money and new ideas. What's missing is substantive discussion about which plan will actually work.

That's the kind of discussion voters and candidates are supposed to have during election campaigns. But instead, this election risks hinging on largely irrelevant concerns dredged up over two people, while thousands upon thousands can't even find an affordable place to live.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

metro
 Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER
 METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR TORONTO
Angela Mullins

ADVERTISER INQUIRIES
adinfo@toronto.metronews.ca
 General phone 416-486-4900

FREE TO SHARE

PHILOSOPHER CAT
 by Jason Logan

ALL RISING TO A GREAT PLACE IS BY A WINDING STAIR.

FRANCIS BACON



The Girlboss guide to business

ENTREPRENEURSHIP

Author Sophia Amoruso spills the secrets to success

Amanda Valentovic
Metro | New York

Sophia Amoruso's book *#Girlboss* shares the story of how she started online clothing business *Nastygal.com* and turned it into a successful \$100-million company before she turned 30.

When the book was released in May 2014, *#Girlboss* spent 18 weeks on the New York Times bestseller list, and last week Amoruso kicked off the release of the paperback at the Union Square Barnes



It's not a bad thing to professionalize what you enjoy doing. It's what I did with vintage clothing.

Sophia Amoruso

and Noble with a conversation with Teen Vogue editor-in-chief Amy Astley.

Here are three things we learned about starting your own business from Sophia Amoruso:

Make something you love into your business

"It's not a bad thing to professionalize what you enjoy doing," says Amoruso. "It's what I did with vintage clothing."

If you really love your job, it will make your business more successful. Make sure that you're doing something

you love because you want to, not because of the attention you might get.

"If you're seeking the limelight, it won't work," Amoruso says.

Be ambitious and a team player

When hiring someone, Amoruso looks for a person who is willing to work — but not someone who isn't willing to learn.

"They're ambitious, but not entitled," Amoruso says about employees she looks for. "If you're like that, no one will want to be around you."

When you stay organized and on top of your job, you'll stand out from the crowd.

Earn everything yourself

"Working for things is really important," Amoruso says.

The reward will taste so much sweeter when you know you've earned everything you've worked for yourself, especially if you've been working toward a goal for a long time.

"There's only one first time that you can earn something yourself," says Amoruso. After that, more motivation will come to keep reaching for new goals.

Sophia Amoruso

KIMBERLY WHITE/
GETTY IMAGES



WORK HARD PLAY HARD

BECOME A FILMMAKER

Learn screenwriting, directing, cinematography, editing and take your idea to the big screen!

Event and Venue Management | Audio | Film and Television | Entertainment Management

 (416) 966-3066 | trebas.com | At Dundas West Subway



FRESH CO.

Cheap, cheap.

Our PRICES are...

Find a store and see our weekly flyer at FreshCo.com



The sweet taste of good morale

OFFICE SPACE

Providing snacks for workers adds to happiness

Eleni Deacon
For Metro Canada



The recipe for exceptional workplace morale calls for fair paycheques, supportive bosses, and not-boring everyday work. But to truly ensure employees feel sprightly, the secret ingredients might be sugar and salt.

That's the implication of recent research from online grocery-delivery service Peapod. In a survey of 1,000 office workers, the company found that 56 per cent of full-time employees were "extremely" or "very" happy with their jobs. It's a promising outcome. However, those rates climbed to 67 per cent among workers at offices that offer a game-changing bonus: free snacks.

Could a stocked fridge really help employers stack the deck in their favour? Despite the sur-



Providing free snacks to employees can give a substantial boost to morale, according to new research. ISTOCK

vey's bite-sized sample size, the outcome suggests that satisfying workers' mid-afternoon munchies generates a higher level of overall satisfaction — which could potentially yield better-quality work and improved productivity. It seems almost ridiculous that a Clif bar or banana could have a dramatic impact on

workers' opinions toward their jobs. But while free snacks may seem like a superfluous perk, the feeling they inspire — in addition to "full," that is — might make a deep impression.

When presented with complimentary nibbles, few employees will pass up the chance to chow down. But their ensuing content-

ment may not result from the fact of a full stomach so much as the sense of being valued by their employer. Feeling appreciated by your direct supervisor is different than feeling appreciated by the organization for which you work. Free snacks, while seemingly of low significance, could provide a daily reminder

that your company thinks beyond the bottom line.

There's an argument to be made that food is a decoy: when work piles up, companies subtly encourage employees to toil harder and later by providing enough sustenance that they never have to get up from their desks.

But many organizations, whether or not they're handing out no-charge pretzels, have the same expectation. Millennials, among whom workplace refreshments were the most popular, may not simply guzzle the extra fuel because they're entitled or shallow or easily charmed. In a market where employers increasingly choose not to offer fully loaded contract packages that include substantial "extras" like benefits or pension plans, small perks can carry a big — if inflated — value in terms of morale.

Almonds won't compensate for a toxic boss or uninspiring work. But they might help employees feel less cranky about hiking to work every morning. At the very least, because they won't end up working on an empty stomach.

HEALTH BRIEFS

Zen of washing dishes

Doing the dishes could reduce stress by 27 per cent and increase inspiration by 25 per cent.

Florida State University conducted an experiment on 51 volunteers, where half were asked to read instructions on how to wash dishes, written in a mindful manner. The other group was asked to read classic instructions. Each participant then washed plates before answering a questionnaire. The volunteers who washed dishes in a state of complete awareness by focusing on the fragrance of the dish-washing soap and contact with the dishes had a 25 per cent increase in their feelings of inspiration and reduced their anxiety by 27 per cent.

The group that had done the dishes in a more traditional manner felt no difference in their well-being or state of mind. AFP



SEASONAL ALLERGIES?



We are performing allergy screening for upcoming paid research studies compensating up to \$5,200

1-888-989-1808 |
www.SneezeToronto.com



Medical Marijuana Study

Toronto Poly Clinic is conducting an Ethics Board approved study on effects and safety of Medical Marijuana for Chronic Non-Cancer Pain conditions.

If you have chronic pain and other available treatments have not helped your condition you may be eligible to participate in this study.

You can ask your family doctor to fax a referral to
416 250 0323 or call 416 250 7171.

Toronto Poly Clinic does not charge any fees to patients for Medical Marijuana treatment study.



Toronto Poly Clinic
5460 Yonge Street Unit 204 Toronto
torontopolyclinic.com

Know what you really want for better budgeting

MONEY

Changes mean nothing without true priorities

Gail Vaz-Oxlade
For Metro Canada



How many times have you tried sticking to a budget, using cash or noting your transactions in a spending journal? Tried and failed. If you want to stick with the changes you're making to better deal with your money, you should be able to identify at least one benefit you'll gain by making those changes.

Do you want to have more money in savings so you don't end up poor when you're old?

Do you want to set up an emergency fund so that when life throws caca at you, you have some options?

Do you want to get rid of

your consumer debt once and for all so you're not always thinking about the disaster just around the corner?

What do you want? What's really, really important to you?

No two people are motivated by the same thing. I like having piles of money in the bank so that if anyone screws with me, I can tell 'em to take a long walk off a short pier. That's why I call my emergency fund my FU Account.

If I don't like what's happening, if someone tries to make me compromise my vales, I just tell them FU!

I can do that with confidence because I've forgone the snappy shoes, the latest gadget, the snazzy appliances to have money in the bank instead. I know what's really important to me.

Do you know what's really important to you?

Grab a pen and piece of paper and write down the things that you consider the most important to you. Don't just write down what you think



What's really, really important to you, and what are you prepared to give up to get what you truly want?

will make a good list. Be honest about what you want. Write down the things that really matter to you.

What makes you happy? What defines who you are? Where do you wish you were in your life? You may have to come back to your list a few times. Think. Jot notes. Think some more.

The next step is to write down the goals you want to achieve over the next year, two years and five years. What do you want to accomplish? Write down everything you can think of.

Pick three things you think are most important from your

list. That will mean ranking all your goals one, two, three in terms of importance, and then going back, pulling all the things you labelled with a one and then ranking those one, two, three.

Eventually you'll begin to see clearly what you're prioritizing.

It may take some time. You may be surprised. But you should at least know what turns your crank the most so you're not fighting against your own best efforts.

Now compare your goals to what's really important to you. You may have ended up with "vacation" on the top of your goals list, while you're jawing on about "living debt free." I'm not here to judge. It's your list.

So which is it? What's really, really important to you, and what are you prepared to give up to get what you truly want?

Good luck resolving your conflicts.

For more money advice, visit Gail's website at gailvazoxlade.com.



To ensure financial health, determine your goals and the things that matter most to you. ISTOCK

LIVE NOW. PAY IN 2017.[†]

\$0/\$0/0%
Down Payments Interest

LASIK MD
VISION

Starting at \$490/eye*

Book a free consultation
at 1-855-301-2020 or lasikmd.com

#lasiklife

†Subject to credit approval. Only applicable towards a Custom LASIK/Custom All Laser procedures (including Laser Presby/Vision) for both eyes completed by December 31st 2015. Cannot be combined with any other offer or discount. Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at \$1,700/eye. Other conditions may apply.

Why A is not better than B

BOOKS

Use a Type B personality to be a great manager

Raquel Laneri
Metro | New York

Guess what: You can be nice, sensitive and introspective and still be a good boss.

It's a common misperception — even in HR — that in order to be an effective leader, you need to be aggressive, intimidating and brash. But those characteristics don't necessarily work, says Victor Lipman, author of *The Type B Manager: Leading Successfully in a Type A World*.

"I was a manager at a Fortune 500 company for almost 25 years," he says, citing a culture that often prized Type A personalities over more empathetic ones. "And one of the many things that I saw over the years was that management was not very effective."

How ineffective? Lipman cites a Gallup survey that found only 30 per cent of employees are engaged in their jobs. The Type B Manager hopes to remedy that, debunking off-held stereotypes about what makes an effective

boss. Lipman talks to Metro about what why sensitive souls tend to be good leaders, and gives us some tips about dealing with confrontation, conflict and underperforming employees in a nice way.

Build loyalty

"If you break management down to its essence, it's all about getting work done," says Lipman.



Most people chafe under too much authority.

Victor Lipman, author of *The Type B Manager*

"And many qualities normally associated with Type Bs — like being more laid-back, easygoing, patient, reflective, and being good communicators allow you to build relationships with people, and ultimately gets people to do the kinds of things you want them to do."

These characteristics also help build loyalty, and engagement among employees.

"Most people chafe under too much authority, too much control," adds Lipman.

Set employee goals

One way to minimize conflict down the road is to lay out your employees' objectives clearly so

that they understand their goals and responsibilities.

"Spend a lot of time on the results that you and the organization expect of them — behaviourally, if that's an issue, in terms of productivity, whatever the metrics are — and make sure that these results are as clear and measurable as they can be," advises Lipman.

Look for motivations

Not all workers are motivated by the desire to please their bosses, like it or not.

But, the good thing about being a communicative and empathetic boss is that you can find out what makes your employees tick — whether that's flexibility, so that they can take time off to go to a kid's baseball games or work from home sometimes to care for an elder family member, a bigger office, or, yes, money.

"Good managers who take the time to get to understand their employees will start to understand what they really want," says Lipman.

Conflict happens

Hey, you can be the coolest boss in the world, but you're still going to be placed in uncomfortable situations.

Yes, conflict is scary, but no one likes it. "The notion of management without high standards isn't management at all," Lipman says.

TECHNOLOGY

Achieve success with a career in technology.

- Information Technology Professional
- Information Technology Administrator
- Network Administrator
- Enterprise Web & Mobile Developer
- Applications Developer
- Web Technology Specialist
- Video Game Design & Development
- Video Game Design Technologies



Evening & weekend programs available. Call Today!
Internships available for most programs.



triOS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

Call: 1-866-918-7634
Visit: Careerin1.com

MISSISSAUGA | BRAMPTON | TORONTO | SCARBOROUGH | OSHAWA

WE NEED MALES

Are you a healthy, non-smoking, Caucasian male 18 and over, Free of daily medication?

If so, you may be eligible for our upcoming clinical research studies:

We conduct weekdays as well as weekend studies
Compensation may range from \$1,000 to \$4,000 depending on the length of the study

BioPharma
SERVICES INC.
Research. Results. Reliability.

CALL: **416-747-5246**

Toll Free: 1-866-747-5246

Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm

4000 Weston Road, Toronto | www.biopharmaservices.com

Modern museums preserve the past



Berlin's Museum Island features a cluster of buildings, each one dedicated to different parts of world history. At right: Jewish Museum Berlin, designed by Polish-American architect Daniel Libeskind. JOACHIM MESSERSCHMIDT AND JOCHEN KEUTE/GERMANY TOURISM

ARCHITECTURE

Berlin moves into the future while guarding its history

Eva Salinas
For Metro Life



Berlin's futuristic Humboldt Box — a cube-like metal and glass structure that sits in contrast to the old and massive museums that surround it — is a tourist draw.

On this particular day in July, in the middle of a heatwave no less, small crowds filtered in and out of rooms, looking at a miniature model of the city and watching videos.

A visiting Turkish journalist seemed perplexed. "Tour-

ists come here to learn about a palace under construction?" she asked.

It seemed an odd attraction to her — a visitor's centre that overlooks restoration work on Berlin's Prussian royal palace, which remains closed to the public until 2019.

The palace, which was bombed in the Second World War and demolished in 1952 by the East German government, has been the "the missing piece" to complete the city's famous Museum Island, the centre's director reassured the woman. It will become the sixth building on the site, each one dedicated to different parts of history.

Once rebuilt, the director said, "you will have all the world's culture in one place." Construction cranes dotted the skyline behind him.

"Berlin is a city that is forever

in the process of becoming," historian Rory Maclean wrote in Berlin: Imagine a City. With its streets, walls and rivers as witness to many significant moments in history, Berlin's identity is reflected by its ever-changing architecture.

This past Saturday, the country marked the 25th anniversary of the reunification of East and West Germany. While the fall of the wall in 1989 symbolized the end of the Soviet empire, reunification in 1990 represented the rebuilding of a nation — physically and ideologically. Since, Berlin has become the epitome of European cool — modern, vibrant, green, and constantly adapting.

Much of Berlin's rebuilding is hidden to the visitor's eye, but some parts of the city give a nod to its past. Not far from the Humboldt Box, across the Lustgarten Park and around

the corner, sits the Neues Museum, one of the best examples of architecture that incorporates a dark history with a modern edge.

The building sat heavily damaged from WWII bombing until 1998, when restoration began by English architect David Chipperfield. It reopened to the public in 2009 — with new, lighter concrete slabs made to contrast older, pockmarked pieces.

Also in the city centre is the Jewish Museum, made up of two buildings, the second of which opened in 2001 and was designed by Polish-American architect Daniel Libeskind. The exterior is a tall, silver, imposing, zig-zagging structure — an abstract Star of David — and the concrete inside, filled with darkness and light, is an experience in itself.

Over in former East Berlin,

remnants of the wall can still be found, perhaps most famously at the open-air "Eastside Gallery" — a long stretch of wall covered in art commissioned and painted in 1990. One of the best-known paintings depicts a kiss between communists Leonid Brezhnev and Erich Honecker, captured in a photograph in 1979.

The city is full of these kinds of details — subtle nods to its past, remade to define its current and future identity.

As Berliners marked the weekend's anniversary, renovations were already underway to transform the former Tempelhof Airport grounds, which only recently hosted the Lollapalooza music festival, into temporary housing space for incoming refugees.

And so the city of perpetual change adapts, again.



Non-stop flights, bright lights, and sweet sights.

All we need to have four of a kind is you.

To plan your next trip to Las Vegas, visit westjet.com

WESTJET

Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.

“Phenomenal...The Tenors’ most spectacular live show to date”

– DAVID FOSTER

THE TENORS

UNDER ONE SKY TOUR

PRESENTED BY **RE/MAX**



New album from The Tenors
UNDER ONE SKY



ON TOUR THIS FALL

- NOV 24 • TORONTO, Air Canada Centre
- NOV 27 • OTTAWA, National Arts Centre Southam Hall
- NOV 30 • PETERBOROUGH, Peterborough Memorial Centre
- DEC 4 • HAMILTON, FirstOntario Centre
- DEC 6 • KINGSTON, Rogers K-Rock Centre

BUY TICKETS AT
LIVENATION.com

UNIVERSAL
UNIVERSAL MUSIC CANADA

ENVOYS IN SUPPORT OF



TORONTO STAR
thestar.com

PATTISON
MEDIA PARTNER



ALL DATES, ACTS AND TICKET PRICES SUBJECT TO CHANGE WITHOUT NOTICE. TICKET PRICES SUBJECT TO APPLICABLE FEES.

@TENORMUSIC

TENORMUSIC.COM

Flu and false

GET THE SHOT

Setting the record straight on the flu vaccine

Rhonda Riche

Seasonal influenza, commonly known as the flu, is a respiratory infection caused by a virus. It's called 'seasonal' influenza because it's most common during a particular season — like the Canadian winter.

Millions of Canadians catch the flu, and most will recover from it within 10 days. But influenza lowers the body's ability to fight off other infections that can lead to serious complications, such as pneumonia and bronchitis. It can also cause havoc for people with medical conditions, such as diabetes, lung disease, heart disease, kidney disease or cancer.

So why do so many people resist getting the flu vaccine? People offer up all kinds of excuses, from being afraid of needles (don't worry, a nasal vaccine is also available) to the claim that someone got the shot and became sick anyway.

According to Dr. Michael

Libman, director of the J.D. MacLean Centre for Tropical Diseases at McGill University, McGill University Health Centre, there are several reasons a person may get sick following the flu shot. For instance, some people may be confusing another illness with the flu.

"There are many other infections that begin to circulate at the beginning of the season," says Libman. "Or they may have already been exposed to influenza or exposed before the vaccine protection kicks in (it takes a couple of weeks to become effective). But people get a shot and then come to the conclusion that the vaccine caused them to become sick."

There are also several subtypes of flu virus, and no single vaccine can protect you against them all. Health officials try to predict which bugs will be most prevalent in a particular season, then create a vaccine designed to guard against them. Sometimes the projections are off: In 2014, the Public Health Agency of Canada admitted that the H3N2 influenza virus had mutated after that year's flu vaccine was developed, leading to a dramatic increase in outbreaks.

Yet that's no reason to avoid the vaccine, says Libman.

"There's evidence sug-



The flu virus can change from year to year, so each year's vaccine is updated. SHUTTERSTOCK

gesting that exposure to the virus through vaccination helps build up immunity against that virus," he says.

"Some protection is better than none. And in many cases, the symptoms are not as severe as they would be had

you not gotten the vaccine."

And, he adds, it helps protect against spreading the virus.

"Which is very good for protecting the elderly and those most susceptible to severe infection."

The cold hard facts on colds and flu

When it comes to preventing and treating cold and flu, separating myth from fact is a real challenge — especially in an era when we can Google our health queries and come up with a thousand different responses.

"The internet can validate almost any opinion on anything in some capacity, so it's always best to ask your doctor," says Dr. Pierre Plourde, medical officer of health and infectious diseases specialist for the Winnipeg Regional Health Authority. For example, if you were to Google "ice cream cure," you might find claims that a pint of Rocky Road will make short work of your stuffy nose (it won't).

This bias is also reflected in the myth that you can catch a cold by being cold. While it's true that more people get sick in the late fall to early spring, the cool temperatures don't cause

the cold. If anything, it's huddling together indoors that's the culprit. "It's totally predictable that cases increase during that time," says Plourde. "We move inside and are in closer contact with people who may be sick."

Another popular misconception is that you should feed a cold and starve a fever. In reality, the expression should be feed a cold and feed a fever. Healthy food can soothe your symptoms and boost your immune system to get you back on your feet faster. And yes, chicken soup with vegetables can help ease the effects of respiratory illnesses like cold and flu: research suggests that the soup inhibits the movement of the most common type of white blood cells so that they stay in the upper body to fight infection.

Another study showed that

the broth helped increase the flow of mucus. At the minimum, a warm bowl of soup helps you stay hydrated.

When you're feeling poorly, it's best to keep up as many healthy habits as possible. Which contradicts another myth: to avoid exercise when you're sick. While you may feel like staying in bed under 10 blankets when you have a cold, mild to moderate physical activity may actually help you feel better by opening your nasal passages and relieving congestion. The key is listening to your body. Don't overdo your workout, stop if you feel tired, and avoid exercising if you have a fever or if your cold symptoms are below the neck.

If you have the flu, you should skip your workouts until you have recovered. You should also avoid hitting the gym while



Research suggests that soup inhibits the movement of the most common type of white blood cells so that they stay in the upper body to fight infection. SHUTTERSTOCK

you are contagious to prevent spreading infection to others.

In the meantime, if you have questions about any cold or flu remedies, Plourde encourages

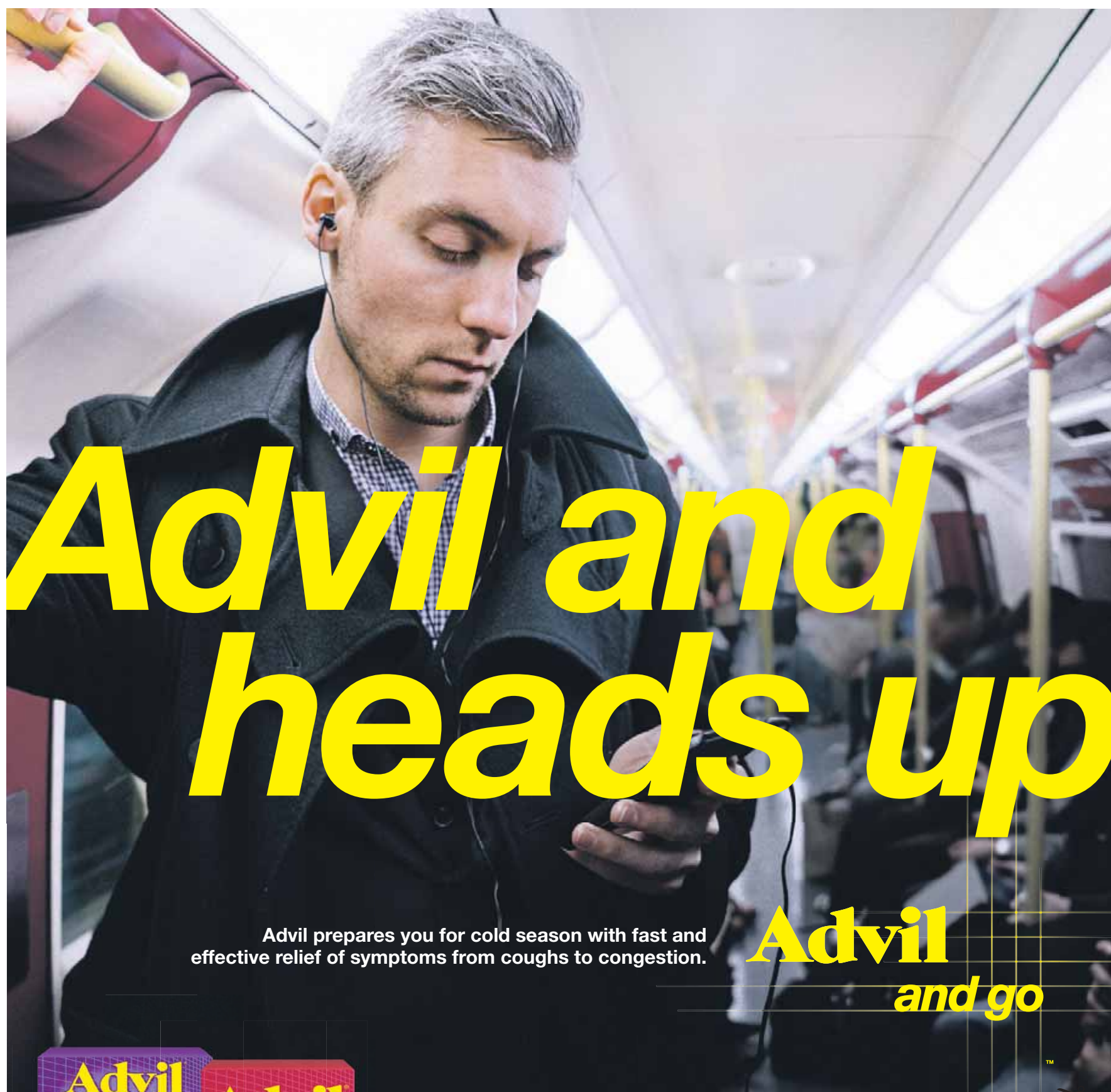
people to call their local public health unit to get the straight goods on preventing and treating cold and flu.

RHONDA RICHE

+ VACCINE INFO

- The flu vaccine is free.
- The best time to get vaccinated is just before the onset of flu season (October).
- Anyone over 6 months of age is advised to get vaccinated.
- The effects of the flu vaccine can wear off, so you need a booster every flu season.
- The flu virus can also change from year to year, so each year's vaccine is updated.

Find up-to-date recommendations, frequently asked questions and more at canada.ca/flu.



Advil and heads up

Advil prepares you for cold season with fast and effective relief of symptoms from coughs to congestion.

Advil
and go



TAKE AN ADDITIONAL
\$3 OFF ON SELECT ADVIL
COLD PRODUCTS

ON SALE NOW AT MOST OF YOUR FAVOURITE RETAILERS

BE SURE THIS PRODUCT IS RIGHT FOR YOU.
READ AND FOLLOW THE LABEL.

TO THE DEALER: You will be reimbursed on the face amount of the coupon plus normal handling charge provided you, as our agent, receive it from a customer on the purchase of any Advil Cold product, excluding Advil Cold & Sinus 10's size. Other applications constitute fraud. Failure to produce on request, invoices proving purchases of sufficient stock to cover coupons presented will, at our option, void coupons. Application for redemption accepted from principals only. All coupons submitted for redemption become the property of Pfizer Consumer Healthcare, a division of Pfizer Canada Inc., P.O. Box 3000, Saint John, N.B. E2L 4L3. TO THE CUSTOMER: Where applicable, consumer must pay tax. Offer good only in Canada, excluding Quebec. Limit one coupon per purchase per customer. Not to be used in conjunction with any other offer. Void where prohibited by law. Expiry date: **November 30, 2015**



12927278

Jays' playoff path runs through heart of Texas

MLB

Toronto goes 1-4 in its final 5 games before post-season

Smiling Texan John Gibbons doesn't mind going back home for the first round of the playoffs. His Toronto Blue Jays are feeling good about it, too.

The Blue Jays finished the regular season 93-69 and will face the Texas Rangers in the American League Division Series beginning with Game 1 Thursday at Rogers Centre.

"I love the fact that you go to Texas; that's never a bad thing," Gibbons said. "It's been a tremendous year for these guys, it really has. We're glad it's over. The tough part's out of the way of getting in. Now we'll go out there and have some fun and see what happens."

David Price will start Game 1 for

the Blue Jays, while Yovani Gallardo is expected to take the mound for the Rangers to begin the best-of-five series. Gallardo went 2-0 against Toronto this season and didn't allow a run.

The Blue Jays had a chance to earn home-field advantage throughout the playoffs but went 1-4 in their final five games after clinching the AL East, including a 12-3 loss Sunday to the Tampa Bay Rays. Despite that, the Blue Jays are healthy and confident going into the post-season.

"Tough last couple days, but we're feeling good right now," Gibbons said. "Really, I guess you can say us and Texas are probably the two hottest teams the last two months. It's probably going to be a pretty good matchup."

The Blue Jays were 50-51 when they acquired shortstop Troy Tulowitzki on July 29 and went 43-18 down the stretch. The Rangers were 48-52 that day and finished 40-22.

Toronto won four of the six games between the teams this season, including two out of three in August.



Blue Jays second baseman Ryan Goins tags out the Rays' Brandon Guyer on Sunday in St. Petersburg, Fla. STEVE NESIUS/THE ASSOCIATED PRESS

The Kansas City Royals, who led the AL for months, won five straight to end the season and earn home-field advantage. Kansas City will face the winner of the AL wild-card game between the New York Yankees and Houston Astros.

In the National League, the New York Mets will face the Los Angeles Dodgers, while the Central Division-champion St. Louis Cardinals will play the winner

of the wild-card game between the Pittsburgh Pirates and Chicago Cubs.

While the Blue Jays popped champagne to celebrate their division title Wednesday in Baltimore, Texas needed a victory on Sunday to clinch the AL West. The Rangers' celebration was on clubhouse televisions at Tropicana Field after the Blue Jays' game against the Rays.

Cole Hamels, whom the Ran-

gers acquired at the deadline before the Blue Jays got Price, started the final game of the regular season and would be on regular rest to pitch in Game 2 Friday.

The Blue Jays have not announced a Game 2 starter, though the decision would seem to come down to Marcus Stroman or Marco Estrada. The starting rotation will also include R.A. Dickey. THE CANADIAN PRESS



+ TULO HEALTHY

Shortstop Troy Tulowitzki doubled in three at-bats Sunday during his second game after missing three weeks due to a cracked scapula and upper back bruises. He went 2-for-5 Friday.

Buehrle swiftly dispatched in regular-season finale

Given the rare opportunity to throw on one day's rest to try to hit the 200-inning milestone for the 15th consecutive season, Toronto Blue Jays pitcher Mark Buehrle felt the best he had in months. All he needed was two innings.

Buehrle didn't get there. A combination of errors and five hits by the Tampa Bay Rays ended his day after just two outs. The popular veteran gave up eight runs, none of them earned, as he reached 198-2/3 innings and fell just short of joining Hall of Famers Cy Young, Warren Spahn, Don Sutton and Gaylord

They made the right decision ... I'm going to travel and cheer my rear end off, and hopefully bring this thing back to Toronto.

Mark Buehrle on being left off of the Blue Jays' ALDS roster



Perry in the record books.

"No way I could leave him out there to rot," manager John Gibbons said. "It's unfortunate. That's the way baseball is sometimes. He's had a tremendous three years here, another great year this year and we're all proud of him."

As the 36-year-old left the mound for what could be the final time as a major-league pitcher, Buehrle told Gibbons to keep the ball. Unlike Friday, he didn't tip his cap or acknowledge his family and never had the chance to soak in the moment.

"Giving up seven or eight runs

you're not trying to tip your hat to anybody," Buehrle said after the Blue Jays' regular-season-ending 12-3 loss. "It's kind of embarrassing."

Disputing a report that came out of Chicago on Sunday, Buehrle said he hadn't made a decision to retire. That could be coming, but for now he'll stay ready in case a Blue Jays pitcher gets injured and he gets the call in the coming weeks.

THE CANADIAN PRESS



IN BRIEF

Svelte Lowry dominant as Raptors top Clippers

Kyle Lowry showed what a summer of slimming down can do.

The point guard, who turned heads when he showed up at training camp significantly leaner than when he left last season, scored 26 points to lift the Raptors 93-73 over the Los Angeles Clippers in Toronto's pre-season opener on Sunday in Vancouver.

Lowry thoroughly dominated in his 21 minutes, slashing through defenders with ease and moving with a fluidity acquired over a summer of healthy eating and gruelling workouts.

The all-star guard, whose play deteriorated over the second half of last season, shot 7-for-10 from the field, and 11-for-12 from the free throw line. THE CANADIAN PRESS

Leafs cut prospects Nylander and Kapanen

Toronto Maple Leafs general manager Lou Lamorello believes the children are the future. They're just not a part of the team's present.

The Leafs sent prospects William Nylander and Kasper Kapanen to the American Hockey League's Toronto Marlies as part of the final major round of cuts before the start of the regular season. It's in line with the organizational mindset to let young players grow and develop before reaching the NHL.

THE CANADIAN PRESS

Giants make lead stand up in win over Bills

Rashad Jennings' powerful 51-yard catch-and-run put an end to any fear of the New York Giants blowing another double-digit fourth quarter lead.

Jennings broke three tackles on his way up the left sideline midway through the fourth quarter to secure a 24-10 win over the Buffalo Bills on Sunday.

Eli Manning went 20 of 35 for 212 yards, three touchdowns and an interception.

THE ASSOCIATED PRESS



Sebastian Giovinco "stirs the pot" after scoring in Saturday's 3-1 win over Philadelphia. THE CANADIAN PRESS

Home sweet home for TFC

MLS

Vanney knows timing of BMO games vital as playoffs beckon

While Toronto FC is still waiting to clinch its first-ever playoff spot, it is well-placed in the tight Eastern Conference as the regular season nears its close.

Like a closer in a thoroughbred race, Greg Vanney's team it is making ground when it counts. Having played the first seven games of the season on the road due to stadium renovations, To-

ronto is benefitting from a run of home games and some good form to close out the campaign.

"We always circled this part of the season as sort of moving day," said Vanney. "This is the time in our season where we've got to continue to take steps forward, both in our individual and collective performances but also in points. We could be a dangerous team at the end of the year because we have an opportunity right now at home to build on all those things."

It's the right time of the year to be feeling like we're rounding into form.

TFC captain Michael Bradley

Toronto is firing on all cylinders up front with Jozy Altidore (12 goals) becoming more integrated in the attack alongside

MVP contender Sebastian Giovinco (21 goals, 15 assists).

"It's the right time of the year to be feeling like we're rounding into form," said captain Michael

Bradley, whose own influence continues to grow.

Vanney's team has won three straight and two of its final three are at BMO Field, where Toronto

is 10-4-1. Two of those home contests are against teams — the New York Red Bulls and Columbus — above TFC in the East standings. Toronto closes out the regular season in Montreal, currently sixth in the East.

Other results the last two weeks have helped Toronto's cause. Plus Toronto is healthy with Vanney able to field arguably his first-choice starting 11 in Saturday's 3-1 win over the visiting Philadelphia Union.

Toronto has a bye this week and doesn't play again until Oct. 14 when it hosts Columbus. It needs just one point to secure its first-ever post-season berth.

THE CANADIAN PRESS

BPL SUNDAY

United eclipsed at Arsenal

Manchester United conceded three goals in the first 20 minutes for the first time in the 23-year history of the Premier League in a 3-0 loss to Arsenal in North London.

Reds oust Rodgers

Brendan Rodgers was fired as Liverpool manager on Sunday, paying the price for the club's 18-month slump since almost ending its long wait for a league title.

Liverpool's owners, Fenway Sports Group, ended Rodgers' three-year stint after a 1-1 draw at rival Everton. THE ASSOCIATED PRESS

Service Directory

To advertise contact Ian March at 416-443-4388

PSYCHIC

INDIAN SPIRITUAL ASTROLOGER & PSYCHIC
Pandit: SAI SHANKAR I am Born to Serve People
INDIAN TRIBAL & EXPERT ASTROLOGER
He can Handle any Problem:
Depression, Family, Husband-Wife
Love, Kids, Jealousy, Health,
Sexual, Money, Court, Enemy etc
REMOVES BLACK MAGIC, JADOO, VODOO, OBEYA, JINN, EVIL SPIRITS & GIVES 100% PROTECTION
HOROSCOPE, PALM & FACE READING 100%
KNOW YOUR PAST, PRESENT, FUTURE. GUARANTEE
Call for FREE CONSULTATION
2851 Islington Ave Toronto M9V 2X6
Next to Indian Bazar, Upstairs Bengali Sweets (ALBION & ISLINGTON)
647-400-3459

Master Jaideva
The Most Powerful Spiritual Healer
"Solves all Problems"
Love * Marriage * Kids
Education * Business * Job
Money * Health * Sexual
Family Prob * Enemy * Court
100% Removing Black Magic * Evil
Spirits * Obeya * Voodoo * Jadoo * Bad
Luck * Jealousy * Witchcraft * And
Gives Strong Protection...
647-669-1729
1672 Jane St (JANE & LAWRENCE)

World Famous Astrologer
Pandit: LAXMI RAJ
INDIAN VEDIC ASTROLOGER
Solves Problems related to Children
Family, Business, Job, Money, Court
Education, Depression Etc.
Private & Confidential
Removes Black Magic & Gives 100% Protection
647-531-6162
7110 Airport Rd. #2 Malton
Mississauga (Airport & Derry)

World Spiritual Astrologer & Psychic
Pandit: SRI SAI
I AM BORN TO SERVE PEOPLE
ALL RELIGIONS WELCOMED
Business, Love, Marriage, Education, Job
Money, Children, Court, Husband-Wife,
Relationship, sexual, personal matters etc.
Removes Black Magic & Gives 100% Life long Protection
Call: 647-272-3586
2895 Derry Road E Mississauga | 2131 Jane St, North York
L4T 1B5 (Airport & Derry) (Jane & Wilson)

INDIAN FAMOUS ASTROLOGER & PSYCHIC
Master Hari Krishna
OVERPOWER IMPOSSIBLE PROBLEMS
EXPERT IN PALM, FACE READING & DATE OF BIRTH
Passed from Generation to Generation
Removes Problems like Money, Court Love, Business, Education, Depression Enemy, Sexual, Health, Marriage Job
Removes Black Magic, Evil Spirits & Gives 100% Protection
Powerful & Godgifted Spiritual Healer.
HE CAN HANDLE ANY KIND OF PROBLEMS
416-276-6233 2519 Finch Ave W, North York M9M 2G1
(Near Finch & Weston Rd) **FINCH & MILVAN**

EDUCATION

ANDERSON COLLEGE
OF HEALTH, BUSINESS AND TECHNOLOGY
YOUR TRAINING. YOUR CAREER. YOUR FUTURE.
Become a Medical Lab Technician
Program Includes Practicum
Financial Assistance May Be Available to Those Who Qualify
Second Career Funding Available to Those Who Qualify
FREE Instructor-Led English Classes
647.691.0922 • 416.466.6107
andersoncollege.com
Robotech Institute Inc. o/a Anderson College of Health, Business and Technology is a Registered Private Career College under the PCC Act 2005.

FINANCIAL

INDIAN ASTROLOGER & PSYCHIC
Master: VINOD RAJ
OVERPOWERS IMPOSSIBLE PROBLEMS
HEALTH, JOB, MONEY,
LOVE, MARRIAGE, DIVORCE,
EDUCATION, COURT, ENEMY,
SEXUAL, BUSINESS ETC
Experienced Astrologers Treats Black
Magic, Voodoo, Jadoo, Evil Spirits, Obeya &
Bad Luck & Gives Immediate Protection
100% GUARANTEED RESULTS
647-761-7799
3069 Hurontario St, Mississauga
Upstairs Baha Jewellers, Next to Charlie
Grocery. (HURONTARIO & DUNDAS)

World Famous Astrologer & Psychic
PANDIT: YESHWANT
100% GUARANTEE
EVERY PROBLEM HAS A SOLUTION...MEET ME ONCE
Overpowers Impossible Problems
HEALTH * JOB * MONEY FAMILY PROBLEM * JEALOUSY
LOVE * MARRIAGE * DIVORCE * ENEMY * EDUCATION
SEXUAL * COURT * CHILDREN MISTAKE * BUSINESS ETC
An Expert Spiritualist treats Black Magic, Witchcraft, Jaadu, Obeya and gives 100% Immediate Protection
416-473-7097
#30 - 2390 LAWRENCE AVE. E.,
SCARBOROUGH, ON M1P 2R2. OPPOSITE
DOLLARAMA, (KENNEDY & LAWRENCE)

Save THOUSANDS and be debt FREE
MR Debt Solutions
416.424.1510
Up to **75%** Debt Reduction
Pay **ZERO** INTEREST
* Home Service Available
* Credit Rebuild Program
* Free Credit Check
Free 100 Gift Card
MISSISSAUGA • NORTH YORK • BRAMPTON • SCARBOROUGH
www.mrddebtsolutions.com
"Canadian Based"



We want YOUR opinion!

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.

metronews.ca/panel

metro

Bursaries Available Now
Call to See If You Qualify
Be A Law Professional in Months
• Immigration Consultant Accredited by ICCRC*
• Paralegal Accredited by LSUC**
• Law Clerk**
* With Internship
** With Internship and Bursary
647-503-5254
WWW.AOLTORONTO.COM
Academy of Learning Career & Business College (AOL) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1001915 Ontario Inc.

FINANCIAL

OVERWHELMED BY DEBT?

CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!

- ▶ Avoid Bankruptcy
- ▶ 1 Low Monthly Payment
- ▶ No Interest Charges
- ▶ Stop Collection Calls
- ▶ Government Licensed Proposal Administrators



David Sklar, CPA, CA, CFP, Trustee

FREE Consultation 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy

HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

www.DavidSklar.com



CALL ERIKA
(LICENSED DEBT EXPERT)

STOP COLLECTION CALLS GET DEBT RELIEF NOW!

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048



Scarborough (Main office), Weston,
Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc Trustee in Bankruptcy
www.rusinek.ca

WANT YOUR DEBT GONE?

WELKERANDCOMPANY.COM

WE'RE HERE TO HELP

- ✓ Erase your debt
- ✓ Stop collection calls
- ✓ Avoid bankruptcy
- ✓ Reduce your stress
- ✓ Stop garnishments
- ✓ Get a fresh start

FREE CONSULTATIONS

647-793-6411

MAIN OFFICE: 1969 WESTON ROAD, TORONTO
TORONTO | BRAMPTON | MISSISSAUGA | SCARBOROUGH | BARRIE

WELKER
AND COMPANY

Federally Licensed: Proposal Administrator & Trustee in Bankruptcy

MORTGAGE APPROVED!

- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505 or 647-273-5626
WWW.HOMELANDMORTGAGE.ORG

License # 11991

DEBT RELIEF

Are you drowning in debts?
I can help you...

- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions



NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709
Evenings and weekends appointment also available

Rumanek & Co. Ltd. Administrators of Proposals,
Trustee in Bankruptcy & Debt Consolidation Arrangements;
Head Office in North York, ON. Offices in Scarborough & Mississauga.

TOO MANY BILLS... ...GET A FRESH START!



**Bankruptcy • Proposals
Debt Counselling**

416-740-5400

Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough

**KEVIN THATCHER
& ASSOCIATES LTD.**
TRUSTEE IN BANKRUPTCY

905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com

**FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS**

Head Office: Rexdale, others non-resident

CREDIT PROBLEMS?

REDUCE YOUR DEBTS & SLEEP LIKE A BABY

Reduce your debts
up to **80%**

EMPIREONE

Consolidate All Your Debts Into
One Small Monthly Payment & Pay NO Interest

416.900.2324

WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION
www.empireonecredit.com

SCARBOROUGH
250 Consumers Rd.
Suite 810

NORTH YORK
1111 Finch Ave. W.
Suite 203

OSHAWA
67 King Street East
Suite #2

MISSISSAUGA
165 Dundas Ave. W.
Suite 701

1st, 2nd, Mortgages TAX/MORTGAGE ARREARS

BANK SAYS NO ...WE SAY YES!!!
NEW HOME PURCHASE | HOME EQUITY LOAN

Gaetana (Nella) Lanzellotti

License# M14000424

Centum Mortgage Professionals License# 10266

www.Centum.ca/Nella_Lanzellotti

Nella.Centum@gmail.com



**CALL OR TEXT
416.992.5104**

**LOWEST
RATES**
for bad credit
loans since 1984

Need a loan?

FAST Same day loans

Personal loans ▶ Up to \$5000 (1 yr on job; \$18/hr.min.req.)*

Car paid off? ▶ Up to \$20,000 (car 6 years or newer)*

Open loans. Pay off early. Get refund.

416 634-2026 PrudentLoanApprovals.com

*Call for details and conditions

A division of Prudent Financial Services

MoneyProvider.com

\$500 Loan and more
No credit refused

Fast, easy and secure

1-877-776-1660
www.moneyprovider.com

How's the news today?

Join our Online Reader Panel
and help make your **Metro**
News even better. Join for a
chance to win a \$25 gift card.

metronews.ca/panel

metro

DANCE



¡Flamenco!

Join our fall term classes now!
New classes for beginner adults and children
Academy of Spanish Dance
401 Richmond St W, B104 (at Spadina)

academy@flamencos.net
www.flamencos.net
416-595-5753

EMPLOYMENT

**SHERWAY
COLLISION**

AUTO & TRUCK
40 YRS.BUSINESS

Seeking 2 positions
Prepman & Detailing
Top wages & benefits
Dundas & Kipling area

Call Palmer
(416) 219-0911
(416) 231-4521

MEDICAL

**ROYAL CARE
MEDICAL CENTRE**
295 College St. @ Spadina

**ACCEPTING
NEW PATIENTS**

For appointments call:
416.925.5511
PHARMACY & REHAB ON SITE
No \$2 Co Pay for ODB recipients
Free delivery in the GTA
FREE PARKING

**LAKEHORE WEST
MEDICAL CENTRE**
3-2083 Lakeshore Blvd. W
@ Park Lawn **416.252.2775**

courtiers & brokers
Lamina 1-800-NEW-CREDIT
(639-2733)

\$300-\$1000 LOAN



**no credit checks • instant approval •
no documents • paid over 3 months**

RECIPE Basil Pesto Pizza with Ricotta and Sun-dried Tomatoes



PHOTO: MARY VISEL

Ceri Marsh & Laura Keogh
For Metro Canada

Making pizza with flatbread means it comes together in a snap.

Ready in
Prep time: 20 minutes
Serves 4

Ingredients

- 2 cloves garlic, peeled and quartered
- 2 cups baby spinach
- 1 cup basil leaves
- 1/2 cup finely grated Parmesan
- 1/2 cup olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large store bought flatbread
- 1 Tbsp olive oil
- 1 cup ricotta cheese
- 1/2 cup shaved Asiago cheese
- 1/4 cup chopped sun-dried tomatoes
- chopped basil for garnish

Directions

1. Preheat the oven to 375. Prepare a baking sheet with parchment paper.
2. In a food processor, mince garlic, then add the spinach, basil, Parmesan, oil and salt and pepper. Purée until smooth, scraping down the sides of the bowl as necessary.
3. Lay the flatbread out onto the prepared baking sheet. Sprinkle with a bit of olive oil. Spread the pesto across the top of the flatbread leaving a 1/2-inch border around the edges. Drop heaping tablespoons of the ricotta onto the pesto. Sprinkle with Asiago and sun-dried tomatoes
4. Bake for 8 to 10 minutes, or until the edges of the crust are golden brown and the cheese is melted. Remove from the oven and sprinkle with chopped basil and slice into triangles to serve.

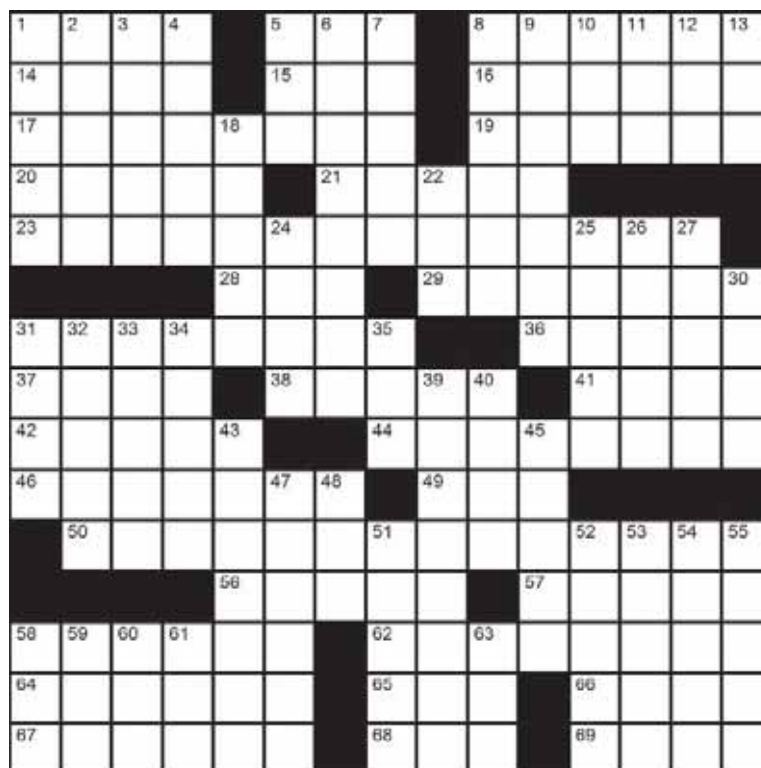
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Dungeon's de-meanour
5. Ancient yrs
8. "Poseidon" (2006) actress Emmy
14. Celebrity hair-stylist Jose
15. ___-dee-dah
16. Light bulb moment exclamation!
17. Roman Emperor portrayed by Malcolm McDowell in 1979
19. Actress Julia
20. ___ nothing
21. Pros opposites
23. Decorative artistry for which Metis people are renowned: 2 wds.
28. "___ of Love" (1989)
29. Autumn, and others
31. Ontario folk festival since 1961
36. Director's creation
37. Grad
38. Women's fitness magazine
41. Went
42. Chesterfields
44. ___Benz
46. "Bambi" (1942) character
49. "Rock and Roll, Hoochie ___" by Rick Derringer
50. L'___ (Worn around the waist, traditional clothing accessory of the Metis that is also functional)
56. "___ is an island entire of itself..." - John Donne



57. Like a shoe's support
58. Venerable
62. ___ flechee (Also worn in traditional French-Canadian apparel, alternative name of #50-Across' answer)

64. Robinson ___ (Daniel Defoe's 1719 book)
65. 'Capital' suffix
66. Make ___ for it (Go!)
67. Items that sound off in the kitchen
68. Mr. Danson

69. Sizeable story

DOWN

1. Choice of coffee
2. Have ___ (Enjoy)
3. ___ Yello (Soft drink brand)
4. Previous
5. ___-ray player

6. Type of pipe made from the same-named gourd
7. Western film of 1953 starring Alan Ladd
8. Live somewhere
9. Did better competitively in the pool
10. Mister, in India

11. French seasoning
12. Li'l instrument
13. Pas' partners
18. Comprehend
22. '___' in Ta-doussac
24. Russian author Mr. Tolstoy's
25. Serenader's song: "___ Mio"
26. Wandered
27. Cook's tool
30. TV ___ (Electronics purchases)
31. Ship spar
32. Hawaii = The ___ State
33. "Tell Me Something Good": 1974 hit for what band?
34. Islamic leaders
35. Kanga creator's monogram
39. Toy dog breed [var. sp.]
40. Fun suffix to 'Switch'
43. Support a walk-a-thon
45. Sir Arthur ___ Doyle
47. Overacts
48. Spinning stat.
51. Unexpressed, but understood
52. Spanish titles for Misses, for short
53. Honda car
54. Cardigan-like garment
55. Carrion-consuming creature
58. Perform
59. Mr. Geller
60. Dental floss brand
61. Operate
63. "___ better be!"

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may want to start something new but before you do get the views of people you trust. There may be something you have missed that could cause problems later on.

Taurus April 21 - May 21
You may be tempted to get vocal with someone who has let you down but the planets warn that they hold the upper hand at the moment. Try criticizing them later in the week instead.

Gemini May 22 - June 21
You can be easygoing to a fault but you cannot expect others to be as accepting of the current situation as you are. Don't let others spoil your buoyant mood.

Cancer June 22 - July 23
Your feelings for a certain individual will reach a peak over the next few days, which is nice, but this may not be the best time to reveal your true thoughts and intentions. Keep them secret just a little while longer.

Leo July 24 - Aug. 23
Certain resentments will come out into the open where they can finally be dealt with. You have no choice but to confront them.

Virgo Aug. 24 - Sept. 23
You need to take care of certain duties that you have been avoiding. You've put them off long enough: now you must knuckle down and get ahead of the game. If you don't you will fall even further behind.

Libra Sept. 24 - Oct. 23
You will find it easier to express yourself when Mercury turns direct in your sign towards the end of the week. Between now and then though keep your thoughts and feelings to yourself.

Scorpio Oct. 24 - Nov. 22
Your feelings will be magnified to such an extent during the early part of the week that you may not be able to control yourself and that could cause trouble, especially at home.

Sagittarius Nov. 23 - Dec. 21
Cosmic activity urges you to have a good time socially but other aspects warn that authority figures still expect you to deliver on what you have promised. Work now, play later.

Capricorn Dec. 22 - Jan. 20
You may be hungry for success but you must not take liberties. Make sure there are no skeletons in your closet that your enemies can easily uncover. Bury them deep!

Aquarius Jan. 21 - Feb. 19
If a friend or colleague proposes that you do something different don't dismiss the idea out of hand. If you are too cautious now you may kick yourself later in the week.

Pisces Feb. 20 - March 20
Pisces is a mutable sign, and you are more flexible than most. That attribute should serve you well this week. While others are unwilling to adapt you will be making compromises and profiting from them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.



Want a \$25 gift card for your opinion?

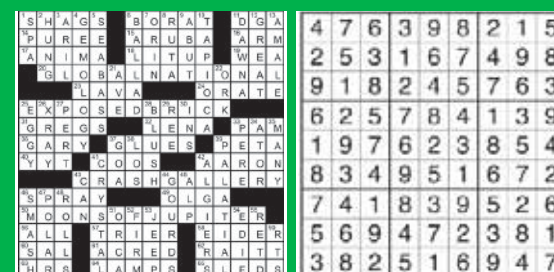
Join our Online Reader Panel at metronews.ca/panel for a chance to WIN!



YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers

for more fun and games go to metronews.ca/games





A WORLD OF NEWS AT YOUR FINGERTIPS.

Download Star Touch for iPad, free every day from Toronto Star.

STAR TOUCH
Look forward.

